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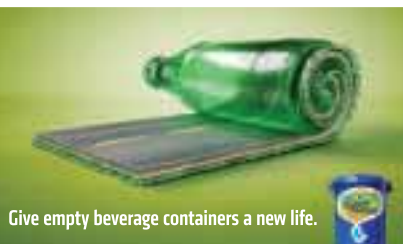
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Give empty beverage containers a new life.

Senate rivals
whipped up
witch hunt,
Wallin says

Her side of the scandal **PAGE 5**



PLAY THAT FUNK MUSIC, MOSES
AFTER SEVEN YEARS, MOSES MAYES IS BACK **PAGE 10**



Longtime Main Street Safeway shopper Marek Domagalski is hopeful the store doesn't close before a buyer can be found after the Competition Bureau forced Sobeys to sell it and four other Winnipeg grocery stores as part of its takeover of Canada Safeway. SHANE GIBSON/METRO

Extra Foods may reopen in wake of Safeway closure

Grocery store sale.
Competition Bureau
forces Sobeys to sell
off Winnipeg stores



SHANE
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While news Wednesday that Sobeys must sell its Main Street Safeway left shoppers worried about the void that could leave in the North End, the head of the union representing grocery workers says not so fast — there may still be life in the shuttered Extra Foods next door.

United Food and Commercial Workers Local 832 president Jeff Traeger told Metro a five-year deal between his members and Loblaw's ratified Sunday means the national chain is likely to reopen the Main Street Extra Foods, which

closed in March.

"They've closed it down, but it hasn't sold," said Traeger, explaining the agreement opens the door for Loblaw's to bring either their No Frills or Your Independent Grocer branded stores into Winnipeg. "They've been looking for an avenue to bring a discount banner into the province and I would suspect that that is one of the locations they'll be looking at."

Loblaw's declined comment for "competitive reasons" when contacted by Metro Wednesday.

Meanwhile, shoppers outside the Safeway were concerned about where they'd go

for fresh produce if both the Safeway and Extra Foods were closed at the same time.

"I'd have to go much farther, to the Superstore on McPhillips," said Marek Domagalski, who lives just down the street from the Safeway and would have to ride his bike an extra five kilometres for groceries. "That's way too far in winter."

The Competition Bureau is forcing Sobeys to sell 23 of its stores in Western Canada — including four Winnipeg Safeway locations and its Price Chopper store — in order for the Nova Scotia-based supermarket chain to take over Canada Safeway.

Hey you, wanna buy a grocery store?

The Competition Bureau is requiring Sobeys to sell the Safeway stores it owns at 1441 Main St., 77 Vermillion Rd., 1120 Grant Ave. and 850 Dakota St. Also up for sale is the Sobeys-owned Price Chopper location at 677 Stafford St.

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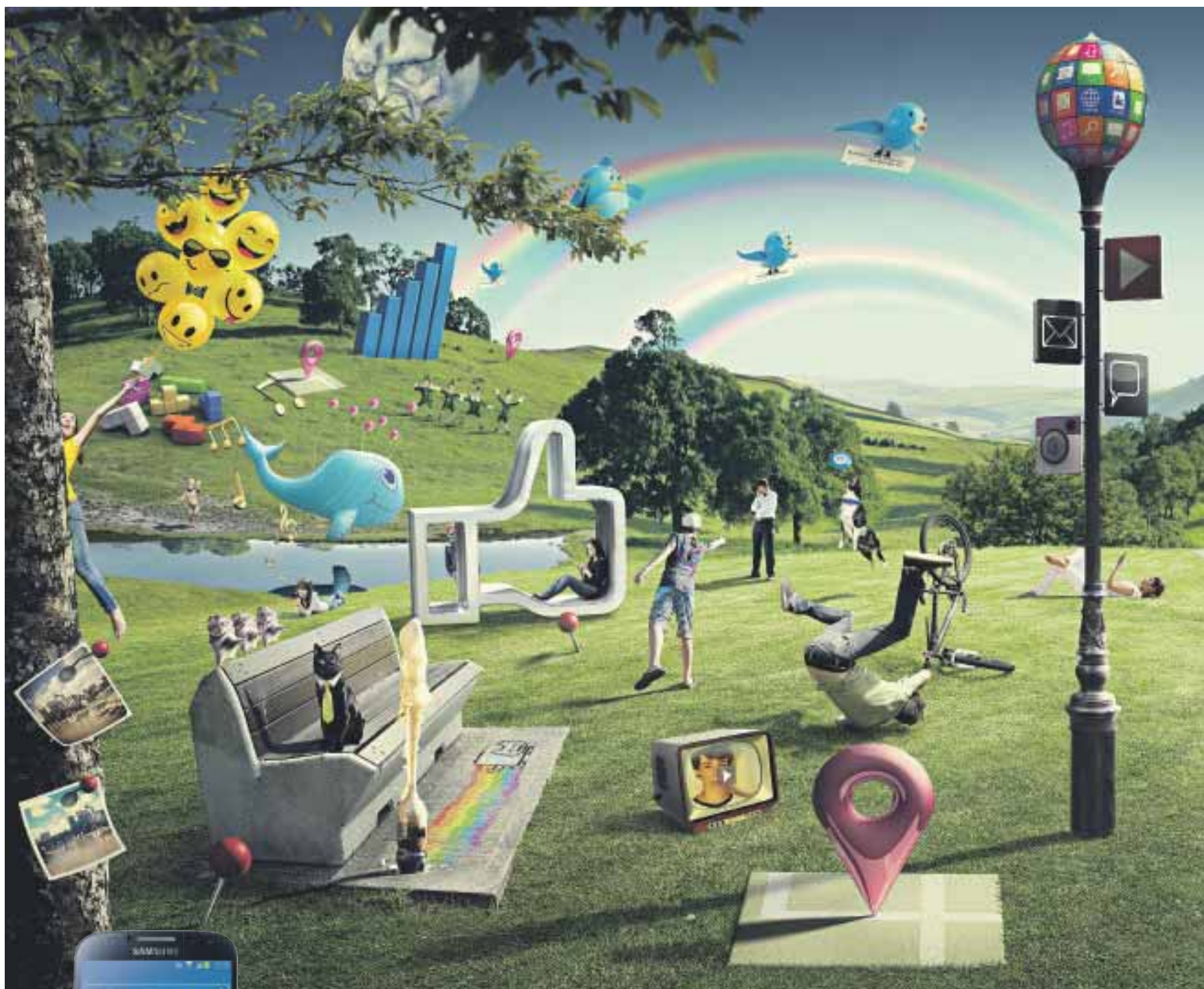
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Brian Sinclair

No aboriginal liaisons when man died during 34-hour wait

No aboriginal services staff was working the weekend a First Nations man died during a 34-hour wait at a Winnipeg emergency room.

Aboriginal services worker Matilda Patrick told an inquest into the death of Brian Sinclair that no one in her department works weekends at Winnipeg's Health Sciences Centre.

Patrick, who acts as a liaison between aboriginal patients and staff, said she worked with Sinclair in 2007 when he lost both his legs to frostbite.

At the time, she said he was worried about where he was going to live when he was discharged.

Patrick said she wasn't told when Sinclair was discharged, nor is she always informed when an aboriginal patient is admitted to hospital. She said she found out about Sinclair's death from the media.

Sinclair was referred to hospital on Sept. 19, 2008 because he hadn't urinated in 24 hours. While he waited, Sinclair vomited several times. He died of a treatable bladder infection.

Sinclair was assumed to be sleeping off a drunken stupor. Patrick said she learned never to wake a sleeping patient because they are usually unco-operative. It was common to see people take shelter in the emergency room, she said.

"Sometimes, patients will come in beaten up or intoxicated," Patrick said.

She told inquest judge Tim Preston he should recommend aboriginal services be staffed seven days a week. **THE CANADIAN PRESS**

\$2,500. Local teacher wins Governor General's Award

A Winnipeg high school teacher who helped his students literally write history after doing hands-on research into the Red River Settlement has won a Governor General's Award.

In February, Matt Henderson and his St. John's Ravenscourt Grade 11 social studies students published a book of short stories they wrote about the lives of people involved in the fur trade



Matt Henderson
CONTRIBUTED

in the Red River Settlement in the 1700s and 1800s.

The book came out of research the students did by scouring through actual shipping logs and other historical documents from the time. **METRO**

Now Jan .14. Pink concert delayed over laryngitis

Sorry Pink fans, but you're going to have to wait a few more months before seeing the True Love singer.

Due to inflamed vocal chords and laryngitis, Pink has cancelled three concerts, including Edmonton, Saskatoon and Winnipeg.

Winnipeg's show will now take place at the MTS Centre on Jan. 14, 2014. **METRO**



Pink performs in L.A. GETTY IMAGES

Making noise for the prisoners on strike

Stony Mountain.

Protest meant to speak for those who can't affect outside world

Prison economy

Available jobs include cleaning and food preparation

- They earned between \$1 and \$6.90 an hour before the decrease
- A half hour phone call costs \$6 in prison

MEG CRANE
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A cacophony of noise rang out Wednesday night as a group of people staged a flash mob in support of inmates who have walked off the job.

About 40 people with instruments and noise-makers made a serious din at 6 p.m. outside the Winnipeg Remand Centre.

The group, organized by the Prisoners' Strike Support Network (PSSN), was fighting for inmates at Stony Mountain, who walked off the job last week after legislation saw their wages cut by 30 per cent.

"People on the inside have to buy so many things that we would consider essential," such as soap and shampoo, said

PSSN spokesperson Jon Benson.

Kate Kehler of the John Howard Society of Manitoba said that usually when people strike, they have the ability to affect others' lives, such as by blocking off roads.

"The only people who are being hurt by the strike are the inmates themselves.... We must look to see how desperate they must be in order to do that."

Benson said an Indiegogo campaign and fundraiser brunch on Sunday at Mon-dragon Bookstore are the next step in their effort to support inmates.



A demonstrator makes noise during a flash mob outside the Winnipeg Remand Centre on Wednesday evening. MEG CRANE/FOR METRO

11 NEWS



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Urban vs. suburban. Council gives green light to Ridgewood South plan

A debate over a proposed new subdivision in Charleswood turned into an urban versus suburban brawl Wednesday.

It took city council more than an hour, but the Ridgewood South Precinct Plan passed council in an 11-5 vote, with councillors Ross Eadie, Paula Havixbeck, Jenny Gerbas, John Orlikow and Harvey Smith voting against.

Havixbeck said while Ridgewood is a "very good plan," her concern was related to how the city went about assessing natural lands.

"We heard in the community committee that they went on property, they assessed the lands and they provided that information," said Havixbeck.

"The process is supposed to be a precinct plan and then as subdivision applications come forward, assess the lands."

During the meeting, Eadie and Smith said it was Winnipeg's older communities — like



The Ridgewood South Precinct Plan was approved during the Wednesday city council meeting.
BERNICE PONTANILLA/METRO

those in their wards — that are subsidizing the development of new ones such as Ridgewood.

This raised the hackles of several councillors who represent suburban areas, with Brian Mayes and Scott Fielding fighting back.

Fielding said citizens have the right to choose to live in suburban areas and need options or there will be an exodus from the city.

BERNICE PONTANILLA/METRO

'A wise and astute move'

Sheegl resigns from various boards: Katz

Mayor Sam Katz said it was a conversation he had with his former chief administrative officer Tuesday night that led to Phil Sheegl's removal from several boards.

Asked by Metro if he

requested Sheegl resign or if Sheegl did it of his own accord, Katz said it was a "combination of both."

"I suggested it might be a wise and astute move to resign, Mr. Sheegl slept on it and then he sent me an email this morning offering his resignation," said Katz following Wednesday's city council meeting.

BERNICE PONTANILLA/METRO

Landlords feeling the heat on cold apartments

Potential for abuse?

Council approves
\$1,000 to \$5,000
fines for failing to
adequately heat units



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

City council has backed a fine system for landlords who fail to abide by minimum heat standards, despite a late plea from a member of the industry who believes it can be easily abused.

Avrom Charach, who spoke to city council on behalf of the Professional Property Managers Association, said the fine system isn't required because complaints can already be lodged with the Residential Tenancies Branch (RTB).

"Will the fines help the tenants? No, it will not force the landlord to repair the issue, it will not give the tenant any money to fix the problem themselves," said Charach, adding that his organization manages about 68,000 rental units in the city.

"There is, however, a system already in place which will force repairs, find guilty landlords and give the tenants money back in their



Avrom Charach, of the Professional Property Managers Association, says the Residential Tenancies Branch is better suited to deal with inadequate heating issues. BERNICE PONTANILLA/METRO

pockets ... This is enforced by the Residential Tenancies Branch of the Province of Manitoba."

Charach said he's come across cases where an RTB officer arrived at a complaint and observed that the window of the tenant's unit was left open. When the officer went inside, the tenant had the window closed and com-

plained of the cold.

"I'm not saying there aren't bad landlords, there are," added Charach.

Coun. Harvey Smith, who first touted the idea, said there's "no doubt in my mind" that the bulk of landlords are good.

"But the fact is the landlords will now know what the penalty is," said Smith.

The city's report states the fine for failing to provide a heating system or take reasonable steps to repair a defective system will be \$1,000 for individuals and \$5,000 for corporations, and the fine for failing to provide adequate heat in a dwelling will be up to \$1,000 for individuals and \$2,000 for corporations.

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Pamela Wallin states her case

Under investigation.

Former Conservatives Mike Duffy and Patrick Brazeau also facing possibility of being kicked out of Senate

Pamela Wallin says a government move to expel her from the Senate is an affront to Canadian democracy, motivated by politics and personal vendettas against her by confidantes of Prime Minister Stephen Harper.

The embattled senator — who has reimbursed almost \$150,000 in travel-expense claims that the Senate has ruled invalid — told the chamber Wednesday that she was targeted unfairly by fellow Conservatives Marjory LeBreton and Carolyn Stewart Olsen.



Sen. Pamela Wallin arrives at the Senate on Parliament Hill on Wednesday.
ADRIAN WYLD/THE CANADIAN PRESS

LeBreton was government leader in the Senate until she stepped down this summer. Stewart Olsen is a former aide to Harper who, until this week, was a key member of the Senate committee that sat in judgment on Wallin and three other senators, ordering external audits of their expenses and ultimately asking the

RCMP to investigate all four.

Wallin said public opinion was whipped up against her by 14 different leaks to the media — leaks she believes “were orchestrated in large measure by senators LeBreton and Stewart Olsen” and which were designed to cast her conduct “in the worst possible light.”

THE CANADIAN PRESS



Royal baby baptism

Britain's Prince William holds his son, Prince George, as they arrive at Chapel Royal in St James's Palace in London, for the christening of the three month-old prince Wednesday. JOHN STILLWELL/THE ASSOCIATED PRESS

Moscow

Greenpeace activists facing new charges

Russia's main investigative agency said Wednesday that it has dropped piracy charges against jailed Greenpeace activists, including two Canadians, and charged them instead with hooliganism.

The news brought little comfort to anxious family members back home, since the new charges still carry stiff prison sentences of up to seven years.

But Patti Ruzyski Stirling, whose brother Paul Ruzyski was serving as first mate aboard the Greenpeace ship “Arctic Sunrise” when it was seized last month, said the decision still represents progress from the Russian government.

Greenpeace took a harder line, saying their crew members were arrested while travelling in international waters and should not be behind bars at all.

THE ASSOCIATED PRESS



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HARRY ROSEN

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Europe's focus on blocking migrants at borders slammed

Safe port. Human Rights Watch wants the EU to guarantee that anyone picked up at sea will be taken to a safe European port

European Union rules

One EU rule that has caused particular friction stipulates that refugees have to apply for asylum in the first EU nation they enter. This has placed particular burdens on Greece, Italy and Malta.

- Human Rights Watch accused northern European countries such as Germany of blocking any meaningful reforms of the rules that allow Berlin to turn away refugees who arrived from another EU state.

The European Union is using the drowning deaths of people fleeing to Europe as a pretext for ramping up border controls against unwanted migrants, a human rights group said Wednesday.

Human Rights Watch said the drowning of hundreds of migrants in the Mediterranean Sea this month should prompt the EU to chart a new policy course toward people fleeing war and dire poverty.

Leaders of the 28-nation

bloc are to discuss how to avoid future boat disasters at a meeting Friday in Brussels.

"Though framed in terms

of saving lives, many of the proposed policy responses reflect the EU's preoccupation with preventing departure and barring entry," Human Rights Watch said.

According to the New York-based group, about 35,000 people have crossed from North Africa to Italy and Malta this year alone — many of them fleeing persecution or fighting in Somalia, Eritrea or Syria. At least 500 have died this year, including about 365 people who drowned Oct. 3 when their boat capsized off Italy.

In May, the EU created a task force to train Libya's border guards to better control its vast frontiers. But European governments have been reluctant to provide more ways to enter the bloc legally, as demanded by rights campaigners. **THE ASSOCIATED PRESS**

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Suspended Greek teachers protest austerity

High school teachers suspended from their jobs chant anti-austerity slogans during a protest near the Greek presidential palace in central Athens, Wednesday. The conservative-led government plans to sack 15,000 state employees by the end of 2014, and place another 25,000 in a program of mandatory suspensions and job transfers. **PETROS GIANNAKOURIS/THE ASSOCIATED PRESS**

Kids returned to Roma parents

Ireland's justice minister says two children temporarily taken by police from their Roma parents have been returned to their families after DNA tests determined that the children were rightfully theirs.

Alan Shatter said Wednesday he had ordered the police commander to produce a re-

port into why officers felt it necessary to take the children — a two-year-old boy and a seven-year-old girl — from their families.

In both cases, police suspected that the children might be victims of abductions because they were blond-haired and blue-eyed, unlike the rest of their im-

mediate relatives.

Irish police were responding to public tipoffs fuelled by media coverage of an alleged child-abduction case in Greece involving a blond-haired girl and a Gypsy, or Roma, family.

Human rights groups in Ireland have accused police of racism. **THE ASSOCIATED PRESS**

Stanley. Canadian sex offender held on bail in U.S.

A violent sex offender who fled Canada is being held on \$100,000 bail after being accused of harassment and another sexual assault.

Michael Sean Stanley made a first court appearance Wednesday. A judge set his bail at \$100,000, citing the circumstances of how he fled Canada to the United States. Wearing a red prison uniform with his hands shackled in front of him, Stanley appeared before the judge by video from the local jail.

Stanley did not speak to the judge during the brief hearing.



Michael Sean Stanley in court Wednesday in Seattle.
ELAINE THOMPSON/THE ASSOCIATED PRESS

He entered the United States earlier this month as Canadian police were searching for the 48-year-old.

THE ASSOCIATED PRESS

San Francisco

Callers mistakenly directed to phone sex line

People who tried to complain about noise from a San Francisco marathon got an earful of racy language instead.

When they called

the city's 311 hotline to complain about Sunday's Nike marathon, they were incorrectly directed to a phone sex line.

City officials now say they were given the wrong number and are investigating how the mix-up occurred. The phone sex number and marathon number differed only in their prefix: 800 versus 866. THE ASSOCIATED PRESS

Pot smokers in Vietnam digging the Canadian bud

Cannabis. It's also appearing in Japan and South Korea

For the young Vietnamese dope smokers rolling up outside a smart Hanoi cafe, local cannabis is just not good enough. As with their Adidas caps, iPhones and Sanskrit tattoos, so with their choice of bud: only foreign will do.

Potent marijuana grown indoors in Canada and the United States is easy to buy in Hanoi and Ho Chi Minh City, say regular smokers, and sells for up to 10 times the price of locally grown weed. That's perhaps surprising given that marijuana is easy to cultivate regionally, and bringing drugs across continents is expensive and risky.

Some experts say the trade can be explained by the dominant role Vietnamese



A man rolls a joint with Canadian-grown marijuana at his room in the old quarter area of Hanoi, Vietnam. Western-grown marijuana is popular among Vietnamese elite. NA SON NGUYEN/THE ASSOCIATED PRESS

diaspora gangs play in cultivating the drug in western countries, making sourcing the product and smuggling it to Vietnam an easier proposition than it might be otherwise.

The characteristics of cannabis use in the country also

drive the trade. The drug is used mostly by foreigners and well-heeled Vietnamese, who are prepared to pay for quality. Vietnamese have long shown preferences for imported goods of all kinds — and it appears cannabis is no exception.

Smokers said one gram of Canadian weed retails for anything up to \$45, the average weekly wage in the country. Mid-quality hydroponically grown marijuana sells for about \$10 a gram in Canada and the United States.

THE ASSOCIATED PRESS

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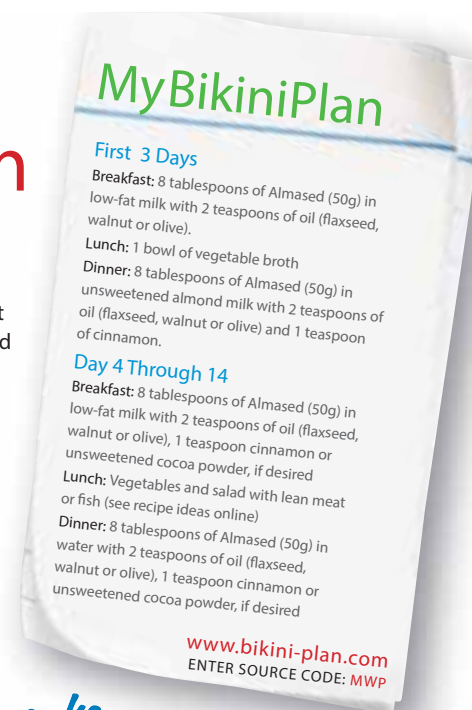
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Economy to dictate decision

Interest rates likely to stay low as BoC in wait-and-see mode

The Bank of Canada has pointedly dropped its warning about the potential for higher interest rates, triggering a sell-

off in Canadian dollars that pushed the loonie almost one cent lower Wednesday and raised speculation that rates could actually fall further.

In a more predictable move, the bank also lowered the anticipated growth path for the economy, shaving the projected pace of expansion for this year as well as in 2014

and 2015.

The central bank, by jettisoning the now familiar tightening bias that it has used since April 2012 to caution consumers about over-borrowing, suggests that it is just as likely to cut the one per cent overnight rate as to raise it in future.

THE CANADIAN PRESS

Sochi consolation prize

No gold medal? Here's a phone

Athletes who fail to clinch gold at the 2014 Sochi Winter Olympics can take home something else: a \$900 smartphone from Samsung.

THE ASSOCIATED PRESS

\$6 for tea??? Starbucks aims to make stodgy drink of British grannies cool

Starbucks is trying to make tea trendy, with plans to open its first "tea bar" in New York City.

The Seattle-based company says Teavana Fine Teas + Teavana Tea Bar will serve sweets and other food including flatbreads, salads and small plates ranging in price from about \$3 to \$15. Drink prices will range from \$3 to \$6, and include novelties such as a Spiced Mandarin Oolong tea and carbonated teas.

The menu of food and freshly made drinks is a switch for Teavana, a chain of about 300 stores that sell boxed and loose tea and accessories. Teavana stores are mainly in shopping malls, but Starbucks CEO Howard Schultz said he plans to expand the footprint to include more locations in urban areas. The company plans to add brewed tea and food to more Teavana stores.

The opening of the New York City store on Thursday comes after Starbucks bought Teavana last year. The company has said it plans to use the acquisition to make tea a bigger part of American culture, as it



Starbucks hopes Teavana "tea bars," featuring \$3 to \$6 drinks, will be a hit. CANDICE CHOI/THE ASSOCIATED PRESS

has with coffee.

Starbucks Corp., which has about 12,000 U.S. locations, has been on a strong financial run even in the weak economy, boosting its profits by raising prices, revamping food offerings and adding items such as pricey bottled juices. In its latest quarter, it said sales rose 9 per cent at cafes open at least a year.

THE ASSOCIATED PRESS

Brainchild of eBay founder. Only time will tell if the well-funded venture to be led by group of activist journalists is able to reach lofty goals



KIERON MONKS
Metro World News in London

The biggest national security breach in U.S. history was a warm-up for Glenn Greenwald. The activist reporter who published Edward Snowden's revelations is to launch a well-funded news outlet with a priority to share secrets from the world of surveillance, raising fears that U.S. national security will suffer.

eBay founder Pierre Omidyar has pledged a minimum \$250 million to the "mass media organization" and specifies a focus on "govern-



Journalists Glenn Greenwald, left, and Jeremy Scahill will help lead an ambitious news outlet focused on "government transparency and accountability." SILVIA IZQUIERDO/THE ASSOCIATED PRESS FILE



ment transparency and accountability". Along with Greenwald, fellow NSA publisher Laura Poitras will be a founding member, as well Jeremy Scahill — the man who exposed the Blackwater scandal in Iraq and CIA torture practices.

Omidyar has been coy on details — the location and launch date have not been announced — but the billion-

aire is known to support a horizontal model giving more freedom to journalists than traditional media. Greenwald has said this freedom was a major incentive for leaving The Guardian, which redacted many of Snowden's documents for security reasons, although the published reports were still explosive enough to cause the resignations of leading NSA directors.

Thousands of the documents remain unpublished.

"I think Omidyar is mission-driven," Jay Rosen, director of journalism at New York University and close to both Greenwald and Omidyar, told Metro.

"What he gets out of it is the prestige of ... excellent, public-service journalism ... that reveals what would have remained hidden."



Give empty beverage containers a new life.



BURPING COWS ARE A GAS, GAS, GAS

In these uncertain times of huge, unprecedented disasters like climate change and the Senate, it's nice to know that there are still stories that fill us with awe, still moments that make us think, "it's not such a bad life, after all."

Which is why, this week, I'd like to talk about burping cows. According to an Oct. 21 story by the Reuters news agency, Argentine scientists have devised a system that can tap directly into a cow's digestive tract and remove up to 300 litres of pure methane per cow per day, "enough energy to keep a refrigerator running for 24 hours."

This story raises all sorts of interesting questions. Like, my fridge can run on intestinal gas? Do I even need the cow?

But before I follow that line of thought to places we can't return from, here's an even bigger question: How come I never get journalism assignments like this? When I was a field reporter, I was always sent to events that had no effect on anybody,



HE SAYS

John Mazerolle

metronews.ca

like city council meetings.

Yet some lucky Reuters reporter was sent to watch top Argentine agricultural technologists channeling digestive gases from inside a cow through high-tech tubing to a tank on its back.

I like to imagine it was just like NASA mission control: When the burps successfully entered the tank, scientists high-fived and whooped while a mission commander removed his headset and heaved a relieved sigh, possibly methane-based.

Though it would have been a fun assignment, it's my duty as a serious journalist to stress that this isn't all fun and gas. As Canadians, we have to be concerned that Argentina now leads the race toward cow-excretion-col-

lection supremacy, probably because the world was so focused on Iran. Argentines: First they get the Pope, then they get the power.

Let's not understate the gold mine here: Cows produce what

scientists call a "heap ton" of gas because cows have a lot of stomachs, including the Greater Stomach, the Lesser Stomach, the Secret Stomach behind the bookcase, and the Ultra-Deluxe Stomach (not available on all models, ask dealer for details).

You know how you feel after you've had four burgers and you're lying on the couch and your stomach starts making noises that seem to say, "All non-vital personnel, please clear the area"? Imagine how that would feel if you had multiple stomachs! For one thing, you could win every belching contest from here to Buenos Aires.

Even if such dreams never come to pass (get it?), it's clear that belching cows are now another technological advance to consider for countries seeking energy independence. Countries like Canada. Are you pondering what I'm pondering? Given the other big news stories in Canada, I think we can all agree that Canada's next course of action to slow climate change and greatly improve the Senate involves bringing long lengths of tubing to Parliament Hill.

At the very least, our fridges will run well. Give it a sober second thought.

ZOOM

My pet monster



DAMIAN DOVARGANES/THE ASSOCIATED PRESS

A hairy, scary 30-year commitment

A tarantula peeks out of his webbing filling the entire container in Los Angeles. This is one of the 50 tarantulas nurse Dee Reynolds cares for at her home. Tarantulas are the heaviest, hairiest, scariest spiders on the planet. They have fangs, claws and barbs. They can regrow body parts and be

as big as dinner plates, and the females eat the males after mating. But there are many people who call these creepy critters a pet or a passion and insist their beauty is worth the risk of a bite.

Unlike Fido or Whiskers, you can't cuddle with them, dress them for Halloween or play catch. They can cost hundreds of dollars, but they can also live for 30 years. **THE ASSOCIATED PRESS**

They grow up so fast ...

The tarantula starts life as a sling — short for spiderling — so they can be as small as a fingernail and grow as large as a dinner plate. It eats mostly live crickets, cockroaches and some mice. The spider turns prey into stew by pumping in venom through its fangs.

THE ASSOCIATED PRESS

Bites not so bad (usually)

All tarantulas can bite, but owners say it's no worse than a bee sting, unless you are allergic.

- Although there's no documented case of a fatal bite, some have more potent venom than others, and there is no anti-venom, so you treat the symptoms and hope for the best.

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

It's a familiar problem that likely affects somebody you love: The agony that comes with waiting for your Candy Crush lives to refill. But don't worry, there's plenty of other free mobile games to save you from doing anything too productive.



Paint It Back:

A game of nonograms, which are grid-based puzzles that label each row and column with numerical clues for which squares must be shaded to reveal a picture. They're also known as Picross to Nintendo DS fans. If none of that makes sense to you, just know that it's good brain-teasing fun and Paint It Back is designed to ease you in gently. (iOS)

Candy Mania:

It wouldn't be unfair to say this game was, um, "inspired" by Candy Crush. But there are enough twists on the gameplay — not to mention

the continual introduction of new mechanics — that it never really feels like you're playing the same game over again. (iOS/Android)

Pocket Mine:

Take control of a miner and start digging, collecting as many precious metals as you can until your pick shatters. Take that cash and upgrade your picks while acquiring upgrades like exploding coal and volatile grenade boxes, all set to a sepia-toned 8-bit soundtrack. (iOS)

Twitter

A U.S. man called the cops after his Jell-O went missing from the work fridge. What's your anti-lunch theft strategy?

I go out of my way to make really disgusting lunches so no one would want to steal them. Almost inedible. Really gross stuff.

@Canucklehead_ca

Tape a note explaining you're constipated and it contains a strong medicinal laxative.

@TradeMarck

Fake Moldy Lunch Bag!
@danfwhite



Super hot sauce. The thief is the sweaty person with a really red face.

@FrenchmanCanada

Label lunch bag "Poisonous snake specimen". For bonus points, actually put snake in.

@Cazzy

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WE WANT TO HEAR FROM YOU:

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Seven years is a long wait to funk in dance with Moses Mayes

'Pre-release party.'

Group has been making music together for 15 years — Funk Family Orchestra indeed



BACKSTAGE
PASS

Jared Story
winipeg@metronews.ca

It's been seven years since Second Ring, the last album from Moses Mayes, yet the Winnipeg dance funk band can't wait an additional week to celebrate its new record.

The seven-piece — which formed in 1999 as Moses Mayes and the Funk Family Orchestra — will hold an "album pre-release party" at the Pyramid Cabaret on Friday, officially releasing its record online on Nov. 1.

One reason for the band's excitement is the fact that the new Moses Mayes music features Toronto-based soul singer-songwriter Maiko Watson on vocals. Watson is a former Winnipegger and was in Sugar Jones, the Canadian girl group that spawned from the reality TV series Popstars.

"We couldn't ask for a better fit," says Nathan Reimer, who handles keys in Moses Mayes.

"We've worked with some really awesome singers over the years and it was great, but it never quite felt right as part of the whole band. Maiko has got that soulful, jazzy voice that just complements our music really well."

Because Watson lives in Toronto, Reimer says the record-



Winnipeg dance funk band Moses Mayes is set to release its first album in seven years. CONTRIBUTED

ing process took more time than usual. Also, the band went through some personnel changes in recent years, which explains the time between albums.

Still, the seven year stretch means Moses Mayes had lots of music to choose from.

"One of the songs, Need Your Love, there's a Moog (synthesizer) line in the background that was originally

recorded when we took a year off, when Moses stopped playing for a year back in the mid-2000s," Reimer says.

"In that time Mark (Penner, former guitarist), Antin (Muzyka, drums) and I had been working on some stuff and that line actually comes from back then. It's actually the original recording. It's almost like a sample now. It's still me, but a different me."

Looking back, Reimer says even though Moses Mayes has been a band for 15 years, it doesn't feel that long.

"We've had so many chapters in our existence that it feels shorter than that," Reimer says.

"But, I'm proud of what we've done. It's been great working with everybody that's ever been involved. They're all awesome musicians and awe-

some people. It's a great way to spend 15 years."

A funk family orchestra? "I don't think we totally knew how true that phrase was going to be when we wrote it down," Reimer says.

Moses Mayes plays the Pyramid Cabaret on Friday. Tickets are \$12 at Soul Survivors and Into the Music or \$15 at the door. Doors open at 9 p.m.



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Why Underwood is over the moon

Flying into fall.

Between hosting the CMAs, performing in a live TV musical and her NFL gig, Carrie is a busy gal

The end of the year looks busy for Carrie Underwood, and she couldn't be happier.

The six-time Grammy winning singer will host the Country Music Association Awards for the sixth time. You can see her every week singing the opening on Sunday Night Football. And for one night in December, she will star in a live television version of *The Sound of Music*.

The 30-year-old star told *The Associated Press* Tuesday night on the red carpet of the TJ Martell Foundation gala, where she was one of the night's honourees, that she's nervous doing something she's never done before. But then she realized, "None of us have. This is a live show on TV. So this is definitely a challenge for all of us."

She equated the live singing and acting as "going to a Broadway show, but you're in your living room."

The *Sound of Music* airs Dec. 5 on NBC with Under-

wood playing Maria alongside *True Blood* vampire Stephen Moyer. He portrays Captain von Trapp. Broadway veterans — and Tony winners — Audra McDonald, Laura Benanti, and Christian Borle round out the cast as Mother Abbess, Elsa and Max, respectively.

While the Nashville-based Underwood is no stranger to performing before millions of people on live television — she won the fourth season of *American Idol* — she felt she needed more preparation, so she showed up in New York three weeks early.

"I wanted to be here and have all my lines memorized and everything and be ready for it. It's been really wonderful," Underwood said.

"Audra and Laura are incredible. Stephen's great. It's nice to be surrounded by that much talent."

Before doing that show, the multi-platinum selling artist returns to her hosting duties on the CMAs.

She's also nominated for three awards, including album of the year and song of the year. While she and co-host Brad Paisley have got it down to a science, she doesn't see the experience as old hat.

"You never know what's going to happen with us hosting," Underwood joked, referring to her and Paisley.

She added: "I think be-

Hockey

Carrie's NHL analysis

Underwood's husband, Mike Fisher, is the Nashville Predator's star centre. As such, Underwood has had to brush up on her hockey knowledge. Here's what she sees for the Nashville season:

"They got off to a little bit of a rocky start, but definitely getting some momentum. I feel like my husband right now. I know what he feels like now. I feel there's some really great, new young talent," she said.

"My hubby, he's been out for the past couple of games with a foot fracture thing. But he'll be back on the ice, ASAP. I hope he does, because that's the only way I get to see him, other than iChat."

ing nominated — especially when hosting the CMAs — you just never know."

The CMAs take place Nov. 6 in Nashville.

Underwood also spoke of recording the opening number this season for Sunday Night Football on NBC. She claims doing it was a no-brainer.

"It's a lot of fun. I grew up watching football. I'm from Oklahoma, it's what we do," she said with a big smile.

THE ASSOCIATED PRESS



Carrie Underwood will play Maria in a live TV production of *The Sound of Music* on Dec. 5. GETTY IMAGES

Full of surprises

"You never know what's going to happen with us hosting."

Carrie Underwood commenting on her and Brad Paisley hosting the CMAs



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Britney Jean is just a stressed out mother

Spread-thin Spears. With a new album and Las Vegas show, pop singer is juggling mothering and career

Britney Spears may take on a sexy pop star persona in the video for her latest single Work B—, but at home she says she feels like a “crazy mom.”

Speaking in London recently, the 31-year-old singer says these days she juggles the demands of an international singing career with taking care of her two sons, Sean, 8, and Jayden, 7.

“Once you’ve done a shoot ... you have to come in and do homework and fix dinner twice and it’s a lot of work,” she said. “But I think as women we just manage it, we make it work.”

Spears says she worked hard with her fitness trainer to get into top shape for her new video, sticking to two or

three small meals each day. The American singer admitted, however, that she struggled to stave off food cravings in the weeks leading up to the video shoot, saying: “I love to eat my popcorn at night!”

And the first thing she ate afterward? “Just chocolate, chocolate, chocolate,” she said.

Work B— is the lead single from Spears’ 8th studio album Britney Jean — the name her family calls her — and she says it’s her most personal album to date. Produced with will.i.am, Spears co-wrote every track, including a song about her split with Jason Trawick in January.

“I think it will make girls not feel alone in this situation,” she explained. “When they’re alone in their room and they broke up with their boyfriend, they have a song they can go to and listen to, just makes them feel better about themselves.”

Not content with just a new single and a new album, the singer is also preparing for a Las Vegas residency at the Planet

Great time for pop ladies

Spears feels it’s a good time for women in pop music right now, citing the success of Rihanna, Lady Gaga, Madonna and Taylor Swift as her inspiration. “There’s so many strong, powerful women in pop music culture today,” she said.

- **Dates.** Britney Jean is out Dec. 3 and Britney: Piece of Me debuts in Las Vegas on Dec. 27.

Hollywood Resort and Casino. In a show titled Britney: Piece of Me, Spears will perform 50 dates over two years. The Grammy-winner says she has a vocal coach to strengthen her voice for the show. She described the process as “grueling” — but says she can’t wait for the experience. “I know I’ll be nervous, but I’m going to be excited, too. It’s going to be cool,” she said. **THE ASSOCIATED PRESS**



Britney Spears will perform 50 shows over two years at the Planet Hollywood Resort and Casino. **THE ASSOCIATED PRESS**

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-LA Times

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Katharine McPhee

Married McPhee caught kissing married director

American Idol alum Katharine McPhee has been caught locking lips with her former Smash director Michael Morris after an intimate lunch date, according to Life & Style. The only problem? They're both married — McPhee to performer-turned-

producer Nick Cokas and Morris to actress Mary McCormack. McPhee and Cokas "have been separated for six months," a source says. "Nick continues to co-manage her music." But the status of Morris and McCormack's marriage is unclear.

Forget it girls, there'll be no 50 Shades of McConaughey

A whole lot of actors are being considered to replace Charlie Hunnam as Christian Grey in the Fifty Shades of Grey movie, but don't include Matthew McConaughey on that list. "I've heard of it, yeah. I have not read the book. I don't even know what



Matthew McConaughey

the book is about," he tells E! News when pressed on the subject. "I'd be making up an answer if I told you any more."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Lohan and posse hit wrong notes in Karaoke bar

Apparently Lindsay Lohan doesn't need booze to get into trouble during a night on the town. The troubled actress was reportedly "insanely beligerent" after an all-night party in a private karaoke room at a New York City bar, according to the NY

Daily News. While Lohan was overheard insisting she wasn't drinking, her hangers-on drained a bottle of Jameson whiskey and left the room littered with bottles and trash, sources say. Lohan is said to have pleaded with the staff to keep the bar open once closing time hit, and when the staff refused the Mean Girls star reportedly summoned the police and complained that she and her friends had been held captive in the karaoke room. No police report was filed.

Twitter



@MarkDuplass
TWISTER was invented by a couple trying to get their dinner guests to swing with them, right?



@ABFalecbaldwin
The Post is obsessed w my wife's boobs. Get in line.



@bobsaget
When someone says something negative to you, turn it into a positive. Tell them you want to sleep with their mother.



Katy Perry and John Mayer. ALL IMAGES GETTY

Mayer's marriage proposal to girlfriend Perry 'a question of when' not if

Katy Perry and John Mayer are getting so serious that news of an engagement is all but inevitable at this point, according to Us Week-

ly. "Everyone knows it's just

a question of when John will propose," a source says. Perry and Mayer, who have been dating for more than a year — with a three-month break earlier this year — "realize they must be together," the source adds. "They Skype and text all day. John always checks in before bed."

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24-karat makeup: SS 14's golden girls

Shimmer and shine.

Pat McGrath's glittering brows at Dior and Dries Van Noten's side partings fashioned with gold leaves have given us gold fever. But for everyday wear simply work in a hint of warm, sparkly hues to get that candlelit glow.

ROMINA
MCGUINNNESS
Metro World News

The show-stopping gold makeup looks spotted on the SS 14 runway were beautiful, but they only work on the runway. You don't want to dazzle your colleagues with all your bling or crack a tooth on the glitter that's landed in your granola.

"Gold makeup is incredibly flattering and works with all skin tones — pretty much everyone can suit a chocolatey bronze. It's like adding sunlight to your face," makeup artist Florrie White, who's worked with the likes of Blake Lively and Rosie Huntington-Whiteley, tells us.

She shows us how to play with the trend:

Highlight Your Face

"A gold highlighter (try the Smashbox Halo Highlighting Wand in Gold or NARS multi-stick in Malibu) will give you that candle light luminosity. Focus on the inner corner of the eyes (to open them up and take away tiredness) and on the temples. Dab some right down to the apple of your cheek so that when you move you get a fuzzy glow around you. Highlight the bridge of the nose for an extra spot of light and your cupid bow to create a fuller top lip."

Warm Your Eyes

"Go for a blown out, gold-bronze smoky eye by using a chocolate gold liner under the eye (try Charlotte Tilbury's eye powder pencil in Sophia). Really bring out the lash line by blending it down. Next, take a gold eye shadow, such as L'Oreal Color Infallible in Goldmine, and wash it all over the lid. Really blend it out so that you get a warm glow behind the lashes. Enhance the look by adding a little bit of a darker eye shadow (such as Color Infallible in Sahara) in the eye sockets."

As for the rest...

- Frame the eyes by slightly grooming and filling in your eyebrows.
- Apply a glittery beige-nude on your lips. Besame Cosmetic's lipstick in Champagne works well.
- Make sure your mascara is combed through and that you don't get powder or cream stuck on the lashes, as this will take away from your lash line.
- Add some gold flecks to your face with NARS's Orgasm Blush.

And for a little extra sparkle we loved:



Dior does gold best with eyes that make accessories unnecessary. GETTY IMAGES

NARS

Eye paint in Iskandar
narscosmetics.com



Topshop

Glitter eyes in Sprinkles
topshop.com

Shiseido

Luminous satin eye colour trio in Into The Woods
shiseido.com



Besame Cosmetic

Lipstick in Champagne
besamecosmetics.com



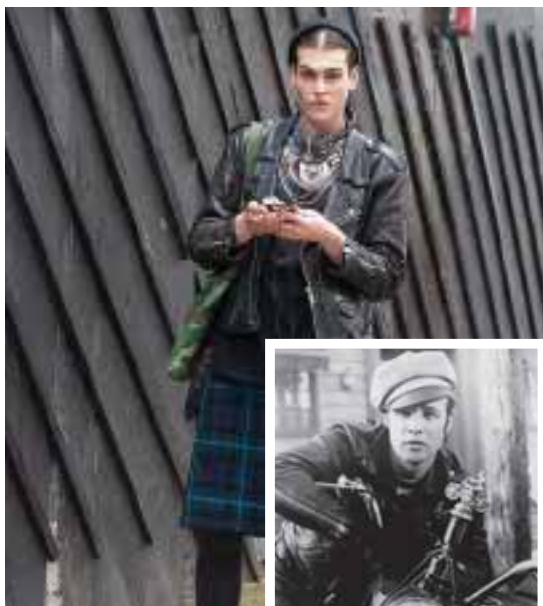
Charlotte Tilbury

Eye powder pencil in Sophia
charlottetilbury.com



Barry M

Glitter nail paint in Gold Majesty
barrym.com



Kilted out in leather and looking good. MICHELLE BOBB-PARRIS
Inset: Get Marlon Brando's classic biker look. CONTRIBUTED

Get revved up for fall with a moto jacket

Men are going all Hells Angels for autumn. Metro rounds up the best of the biker jackets.

RICHARD PECKETT
Metro World News



Saint Laurent

Classic biker jacket, \$5,036, farfetch.com

Topman

Leather biker jacket, \$300, topman.com



Schott

The perfect motorcycle jacket, \$990, mrporter.com

Acne

Cassidy leather sleeve biker jacket, \$1,240, matchesfashion.com



Buying a leather jacket is like a rite of passage for men. Whether you're a grungy teen, hipster twenty-something or, God forbid, a middle-aged man on the brink of a breakdown, you will hanker after your own piece of primal cowhide. Motorcycle jackets signal

full throttle raw masculinity, with every male icon from Marlon Brando and Steve McQueen to David Beckham (now, the new face of British heritage label Belstaff) zipped up in the trend. Now, it's time for the everyman to put his biker style pedal to the metal.

Plus-size shoppers outweigh fashion options



When it comes to women's clothing sizes, there's some funny math going on.

The average American woman is about 25 pounds heavier than she was in 1960.

Yet women's plus-size clothing, generally defined as size 14 and up, still makes up only

about nine per cent of the \$190 billion spent annually on clothes.

What's wrong with this equation? It's not that plus-size women aren't into fashion. Rather, the fashion industry doesn't seem interested in them.

The fashion industry has long spent more time, money and marketing on clothing for taut bodies than for curvier

ones because it's easier and more profitable to do so. But retail analysts and plus-size women say there's something else at play: Stereotypes about larger women not wanting to dress fashionably keep companies from making clothes that are flattering to them. And in turn, that discourages them from spending more.

"There is still an interesting stigma attached to plus-size

fashion and the woman who wears it," says Marie Denée, who wears a size 16 and studies the industry via her website TheCurvyFashionista.com. "Many think, 'Oh, she doesn't want to draw attention, live life, date, be confident, wear fitted clothes with bold colours and patterns,' when the exact opposite is true."

Carmen Barrington, 32, says that attitude has

sulted in fewer plus-size options. Barrington, who wears around a size 22, lamented recently after a day of shopping at Forever 21, Lane Bryant and other stores that she sometimes can't even find decent plus-size clothing at retailers that specialize in it.

THE ASSOCIATED PRESS



Value Village

Check out valuevillage.com for even more great ideas plus DIY costume how-tos!



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Let your creativity run wild with costumes

JANE
DOUCET
For Metro

Trick-or-treaters are getting their Halloween costume inspiration from pop culture once again.

According to the recent annual Halloween shopping survey released by the thrift retailer Value Village, top trends point to camouflage and bushy beards à la Duck Dynasty, and zombies from The Walking Dead.

Similar to past years, nearly 50 per cent of survey respondents think movies and TV shows provide the best costume ideas, and almost 40 per cent said they put in more effort to wear something different every year because they know pictures of them in costume will be posted on social media outlets such as Facebook and Pinterest.

Here are several trends for this

Halloween as revealed in the Value Village survey:

Camouflage rules

Nearly one in two costume wearers plan to deck themselves out like the Robertson men of Duck Dynasty in camo and big beards as a group look. That's more than those who would choose the Royal Family or Kim, Kanye and baby Nori.

Zombies come close

For the third year in a row, survey respondents chose The Walking Dead as the TV show that most inspires their costume.

Channelling hip-hop artist Macklemore

Thanks to his Thrift Shop anthem, almost one in two respondents are considering finding a costume at a thrift store.

Creativity is key

Nearly one-quarter of respondents think you can tell a lot about



According to a recent Halloween shopping survey released by Value Village, TV shows are a popular inspiration for costumes, including The Walking Dead (zombies) and Duck Dynasty (camouflage and beards). TORSTAR NEWS SERVICE FILE

someone's personality based on their costume. To stand out, 41 per cent of those planning to wear a costume will get creative and create their own instead of buying a pre-packaged one. Only four per cent will wear the

same costume every year.

Fun for the whole family

A whopping 92 per cent of parents typically dress up their children, and 78 per cent of moms and dads also wear a costume. More than

one in two respondents will decorate their homes for Halloween this year, and four in 10 plan to dress up their pet.

Each Value Village location has dedicated "costume consultants" who are spe-

cially trained to help people find exactly what they need. Stores have been hosting free Halloween "costume catwalk" fashion shows showcasing the most popular looks at 3 p.m. every Thursday in October.

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Have your jack-o'-lantern and eat it too — in a creamy Pumpkin Soup



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

This fall, enjoy the abundance of pumpkins that are virtually found everywhere!

Pumpkins are rich in carotenoids, recognized to keep your immune system healthy and strong.

If you would like to try using fresh pumpkin instead of canned, just roast a small pumpkin at 400 F until tender, about 45 minutes. Cut open, scrape away seeds and scoop out pulp and mash.

1. In saucepan sprayed with cooking spray, heat oil over medium-high heat; cook onions, carrots, garlic and ginger for 10 minutes, stirring frequently, or until onions are softened and browned. Stir in stock, pumpkin, cinnamon, ginger, nutmeg and hot sauce. Bring to a boil. Reduce heat to

Ingredients

- 2 tsp vegetable oil
- 1 1/2 cups chopped onions
- 1 1/2 cups chopped carrots
- 1 1/2 tsp minced garlic
- 1 tsp minced ginger
- 3 cups chicken or vegetable stock
- 1-1/2 cups canned pumpkin purée
- 1/2 tsp cinnamon
- 1/2 tsp ginger
- 1/8 tsp nutmeg
- 1 tsp hot sauce
- 1 cup light coconut milk
- 1-1/2 tbsp honey
- Garnish**
- 1/4 cup low fat sour cream

low, cover, and cook for 30 minutes or until carrot is tender.

2. In batches, purée soup in a blender. Return soup to saucepan. Stir in coconut milk and honey. Gently reheat.

3. Divide among soup bowls.

Pumpkin and Light Coconut Milk Soup



This recipe serves four and contains 172 calories per serving. ROSE REISMAN

4. Garnish: Place sour cream in a small plastic baggie. Snip off the end corner of the bag.

Carefully draw approximately 3 to 4 circles on top of the soup as in photo. Use a toothpick to

drag lines from the centre out toward the edges to create a web design.

For your phone

Foodie Halloween Treats (iPad/iPhone; free)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

There's spooky treats for all in this fun collection of 40 Foodie Halloween recipes spanning drinks, cakes, cookies and candies. Enjoy chocolate frogs, spice-roasted pumpkin seeds, and caramel apple cider cocktails.



Muffins made of sugar and spice and everything fall

Fall brings chilly weather, colourful leaves and delicious pumpkins. What better way to enjoy pumpkin than in a

Ingredients

- 1 1/4 cups (300 ml) all-purpose flour
- 1 1/2 tsp (7 ml) baking powder
- 1/2 tsp (2 ml) each, ground cinnamon and cloves
- 1/4 tsp (1 ml) each, ground nutmeg, ginger and all-spice
- 1/4 tsp (1 ml) each, baking soda and salt
- 2 tbsp (30 ml) butter, softened
- 1/2 cup (125 ml) granulated sugar
- 2 tbsp (30 ml) packed brown sugar
- 1 egg, room temperature
- 1/2 cup (125 ml) buttermilk
- 1/2 cup (125 ml) pumpkin purée
- 2 tbsp (30 ml) vegetable oil
- Cream Cheese Frosting**
- 4 oz (125 g) Canadian cream cheese, softened
- 2 tbsp (30 ml) butter, softened
- 1 1/2 cups (375 ml) icing sugar
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla



This recipe makes six muffins. DAIRY FARMERS OF CANADA

Spiced Pumpkin Muffin with creamy cheese frosting and a hint of spice?

1. Preheat oven to 375 F (190 C). Butter a 6-cup nonstick muffin pan.

2. In a small bowl, sift together flour, baking powder, cinnamon, cloves, nutmeg, ginger, allspice, baking soda and salt; set aside.

3. In a large bowl, with an electric mixer, beat butter, granulated sugar and brown sugar, until light and fluffy. Beat in egg, until incorporated. Stir in buttermilk, pumpkin purée and oil. Stir in flour mixture; mixing until just incorporated.

4. Spoon into prepared pan. Bake for about 25 minutes or until tops spring back when

lightly pressed. Let cool in pan for 5 minutes. Transfer to rack to cool completely.

5. Cream Cheese Frosting: In a medium bowl, with an electric mixer, beat cream cheese and butter until smooth. Add sugar gradually, beating well after each addition. Add cinnamon and vanilla; beat until fluffy. Frost cooled muffins.

DAIRY FARMERS OF CANADA

Pumpkin Honey Doughnuts



1. In bowl, stir yeast, flour, salt and pumpkin pie spice. Stir in water, pumpkin and egg until a thick, smooth batter forms. Cover with plastic wrap and allow to rest for 45 minutes.

2. In saucepan over medium heat, combine the honey, sugar, lemon juice and cinnamon. Bring to a boil and stir well. Remove from the heat.

3. In a large, deep skillet over medium-high, heat 1 inch of oil to 375 F.

4. Working in batches, carefully drop the batter by the tablespoonful into the hot oil. A cookie scoop makes this easier.

5. Turning occasionally, fry doughnuts until deep golden brown all over and cooked

through, about 5 minutes. Use a slotted spoon to transfer the fried doughnuts to a large bowl. Drizzle the honey syrup over the doughnuts and toss to coat. Repeat with remaining doughnuts. Serve. THE ASSOCIATED PRESS

Ingredients

- 2 tsp instant yeast
- 3 cups all-purpose flour
- 1/2 tsp salt
- 2 tsp pumpkin pie spice
- 1/2 cup warm water
- 15-oz can pumpkin purée (not pumpkin pie filling)
- 1 egg
- 1/3 cup honey
- 2 tbsp sugar
- 2 tbsp lemon juice
- 1 tsp cinnamon
- Vegetable oil, for frying

Upping the comfort quotient

Homebody hedonism.

As cooler weather closes in, creating a quiet nook all for yourself provides some at-home escapism



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Whether on a quiet Saturday morning or early mid-week evening, we all have times when we crave some space to ourselves — and many of us have a special nook in our home that allows us to get away.

For some, that space is found in the corner of a comfy sofa or by lying in bed to read. For others, it's get-

ting away from roommates and family by socializing on the computer.

Creating a quiet spot all your own doesn't take up much space; it's about surrounding yourself with comforts you enjoy.

A favourite chair can be styled with a back-support pillow, decorative throw or a small side table.

In the bedroom, add some support pillows for reading, and a laptop or portable television for watching movies. Grab a pair of earphones so you can selfishly listen to your own movie or music, thereby helping to create a world all your own.

At your desk, make sure you have a spot for your favourite coffee cup, a relaxing scented candle and some family or vacation photos to offer up visual breaks from the computer screen.

Great comfort and support for studying, reading or while watching television in bed. Microsuede Backrest, \$25, bedbathandbeyond.ca.



From office to bedroom to living room, an extra side table can be used to hold a book, coffee or decorative candles. Lawson Side Table, \$174, homesav.com.



Keep your favourite cup of java warm while reading in bed, soaking in the bath or socializing online. Place one in every comfort nook around your house. Salton Mug Warmer, \$10, Walmart. Check walmart.ca for store availability.



Stylish, sleek and reminiscent of a first-class lounge seat, this chair won't get in anyone's way. Benson Motion Recliner, \$1,800, urbanbarn.com.



This anywhere lamp casts the perfect spotlight for reading in bed, the office or the living room. Graham Table Lamp, \$322, crateandbarrel.com.

Place your single-serve brewer close at hand, and you can have Tim Hortons coffee without even getting up from the lounger. Tim Hortons Single Serve Coffee Cups, \$9 per pack of 14, timhortons.ca.



Give empty
beverage containers
a new life.





CONTRIBUTED

CREATE ORIGINAL PAINT COMBINATIONS FOR YOUR HOME DECOR

What will your walls be wearing this fall? Leading Canadian paint brand DULUX® paint is making it easier than ever to bring one of the hottest trends in fashion into your home decor with the launch of a unique colour campaign.

As a way to showcase its fall 2013 palette, Dulux paint has taken the latest splatter paint fashion fad to a new dimension. By visiting the Dulux brand Facebook page (facebook.com/duluxcanada), Canadians can mix and match this

season's top paint picks through a unique app that allows users to splatter colours on an online canvas and enjoy their one-of-a-kind creations on their own custom-designed T-shirt.

Called the "Dulux Collection" cam-

paign, anyone can experiment with colour and create original paint combinations that they can not only wear, but also add flair to their home decor.

"Splatter painting is all about the dynamic play of colour and movement and a lot of inspiration can be drawn from the way colours interact with each other," said Martin Tustin-Fuchs, brand manager for Dulux paint. "This is particularly helpful in choosing colours for the home, from finding colours that work well together, to playing with the proportions of colours in a room."

Popular Dulux paint fall colours include rusty reds, royal blues, warm browns, deep greens and pastel blues and mauves, such as Dulux paint's Cranberry Zing red, Sail Away blue, Antique Photograph brown, Swiss Pine green and Viola mauve.

Tustin-Fuchs recommends choosing one of this season's hot colours for the main walls of a room, highlighting one wall in a different accent colour, and using one or two other colours of the palette in accessories — from furniture and pillows to rugs and art.

The Dulux Collection campaign runs until Dec. 15. Each custom-designed T-shirt is free with the purchase of a Dulux Club membership. For more, visit dulux.ca.



CONTRIBUTED

MOVE INTO INDUSTRIAL CHIC AT GLASSHOUSE

Homebuyers in Winnipeg are on the cusp of a new era in the city, sparked by the rejuvenation of the downtown core. It's a trend that many homebuyers are now taking advantage of, says David Wex, partner at Urban Capital.

Glasshouse, Urban Capital's first development in the Prairies under pre-construction in Winnipeg, is a case in point. The 21-storey development of 195 condos is now selling homes starting at \$174,900. That affordability is one of the reasons

many young people are choosing to make Winnipeg their home, Wex says.

"This city is still very affordable for new buyers. It's a great investment right now and that's why we chose to build in Winnipeg."

Homes at Glasshouse bring modern, industrial chic to the city with exposed concrete, floor-to-ceiling windows, big sliding doors and open-concept interiors.

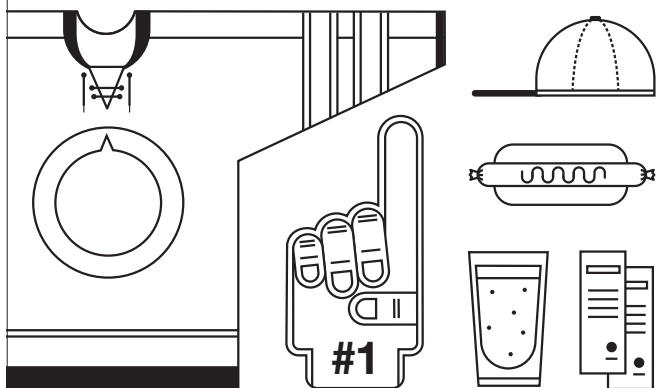
On the rooftop terrace, residents can relax with a drink in the resort-style

cabanas or chat with friends around the fire pit.

Glasshouse will be part of the Centrepoint project in downtown Winnipeg, a multi-use development set to include an Alt Hotel, 100,000 square feet of office space, and two restaurants.

"Winnipeg already has so much potential and this project is about kick-starting that growth," Wex says.

For more information, please visit glasshousewinnipeg.com.



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at glasshouse,
home game
has a whole
new meaning

skylofts from
\$174,900

glasshouse
skylofts in the city
glasshousewinnipeg.com



A PLACE TO LIVE, WORK AND PLAY



CONTRIBUTED PHOTOS

STUNNING NEW DEVELOPMENT ON THE HORIZON FOR WINNIPEG

A first-of-its-kind development coming to downtown Winnipeg will change the city's skyline and set a new standard for architectural and design excellence.

The stunning glass tower of the \$150-million-plus mixed-use project will soar above the downtown cityscape and will be the tallest free-standing structure between Calgary and Toronto. The development, by MADY Development Corporation and Fortress Real Developments on Graham Avenue between Smith Street and Garry Street, will include 400-plus residential suites, a 25,000-square-foot second-floor grocery store, office and retail space and underground parking. It will truly be a place where people can live, work and play.

It will replace a surface parking lot in the heart of downtown at 245 Graham Ave. and will have frontage on three streets, Garry Street, Smith Street and Graham Avenue. Initial plans are for the retail space to face Garry Avenue, a major thoroughfare, and a heated Rapid Transit stop to be incorporated into base of the development.

Although it's currently known as LiveWorkPlay Winnipeg, the developers are leaving the naming of the landmark development, currently in the pre-development stage, up to the public. Residents of Manitoba are invited to submit their suggestions in a contest to find a name for the project. Ideas must be submitted by

Nov. 1 and a panel of judges will choose the name, with the winner to receive \$3,000. (Enter at liveworkplaywinnipeg.com/register/index.php)

At a press conference earlier this year to announce the project, Jawad Rathore, CEO and president of Fortress Real Developments, and Charles Mady, CEO of MADY, said the building's architecture will be "iconic," designed by award-winning Kirkor Architects, and will become the postcard shot for downtown Winnipeg. The development has the blessing of

Mayor Sam Katz, who said it fulfils his dream to take downtown surface parking lots and turn them into spaces that offer residential, retail, commercial and parking opportunities.

Condo residents in the development will be able to access a wealth of services, shops, dining and entertainment options with minutes of their suites, and won't even have to leave the complex for many of them. A grocery store, restaurant and other businesses and services will be included in the development's retail

component, as well as connection to the city's SkyWalk. Public transit is just one street away.

In the condo complex itself, residents will enjoy exclusive amenities, including a fitness studio and rooftop Sky Lounge.

Winnipeg's downtown is undergoing an exciting revitalization, with more than \$900 million invested or committed to 140 projects. A new initiative will see the downtown area around Portage Avenue divided into four districts — the University District, Retail District, the Commercial District, and the Sports, Hospitality and Entertainment District (where the Fortress Real/MADY development will be located).

The project's residents will be in close proximity to many of the city's most important arts, cultural and entertainment institutions. Just one block north is the MTS Centre, a new state-of-the-art sports and entertainment venue that is home to the Winnipeg Jets and site of many big-name concerts and events. Nearby is the RBC Convention Centre, undergoing a \$180-million-plus expansion, another important anchor in the Sports, Hospitality and Entertainment District.

LiveWorkPlay Winnipeg residents will also be close to the shops, services and restaurants of Cityplace and Winnipeg Square, the Millennium Library, the Burton Cummings Theatre for the Performing Arts, and cinemas. Within walking distance are the Forks and the Exchange District national historic sites and Festival and Bonnycastle parks.

With the exciting renaissance of the city core continuing, and the addition of new condo and apartment buildings bringing an influx of new residents, the downtown is evolving into a vibrant and dynamic place to live.

The Fortress Real/MADY complex will be an important component in the evolution of the downtown and an ideal location for those who want to live in a pedestrian-oriented neighbourhood close to shopping, transit, entertainment and employment, where they can live, work and play.

Canadian real estate company Fortress Real Developments seeks out opportunities in major Canadian markets and focuses on quality residential lowrise and highrise, commercial and industrial projects, and on land servicing opportunities.

MADY is one of the most active development companies in southern Ontario and the 28th largest contractor in Canada, providing building services to institutions, retailers and other developers.

The expected launch of LiveWorkPlay Winnipeg is mid 2014. For more information, visit liveworkplaywinnipeg.com.



BE A PART OF HISTORY.

NAME THIS FUTURE LANDMARK DEVELOPMENT AND WIN \$3000!

MADY and Fortress Real Developments are introducing an exciting new mixed-use landmark project in downtown Winnipeg at the corner of Graham Avenue and Garry Street. A game-changer for the city, and a feat of excellence in architecture and design.

This mixed-use development will be the first of its kind in Winnipeg. The tallest building between Toronto and Calgary. Home to over 400 luxury suites, a 25,000 square foot grocer, and over 15,000 square feet of amenities.

We're inviting you to be a part of this monumental development with our NAME THIS FUTURE LANDMARK DEVELOPMENT CONTEST. Submit your ideas by November 1st, 2013 and our panel of judges will select one name to crown this magnificent project. The winner will receive \$3,000 and will become a part of Winnipeg history.

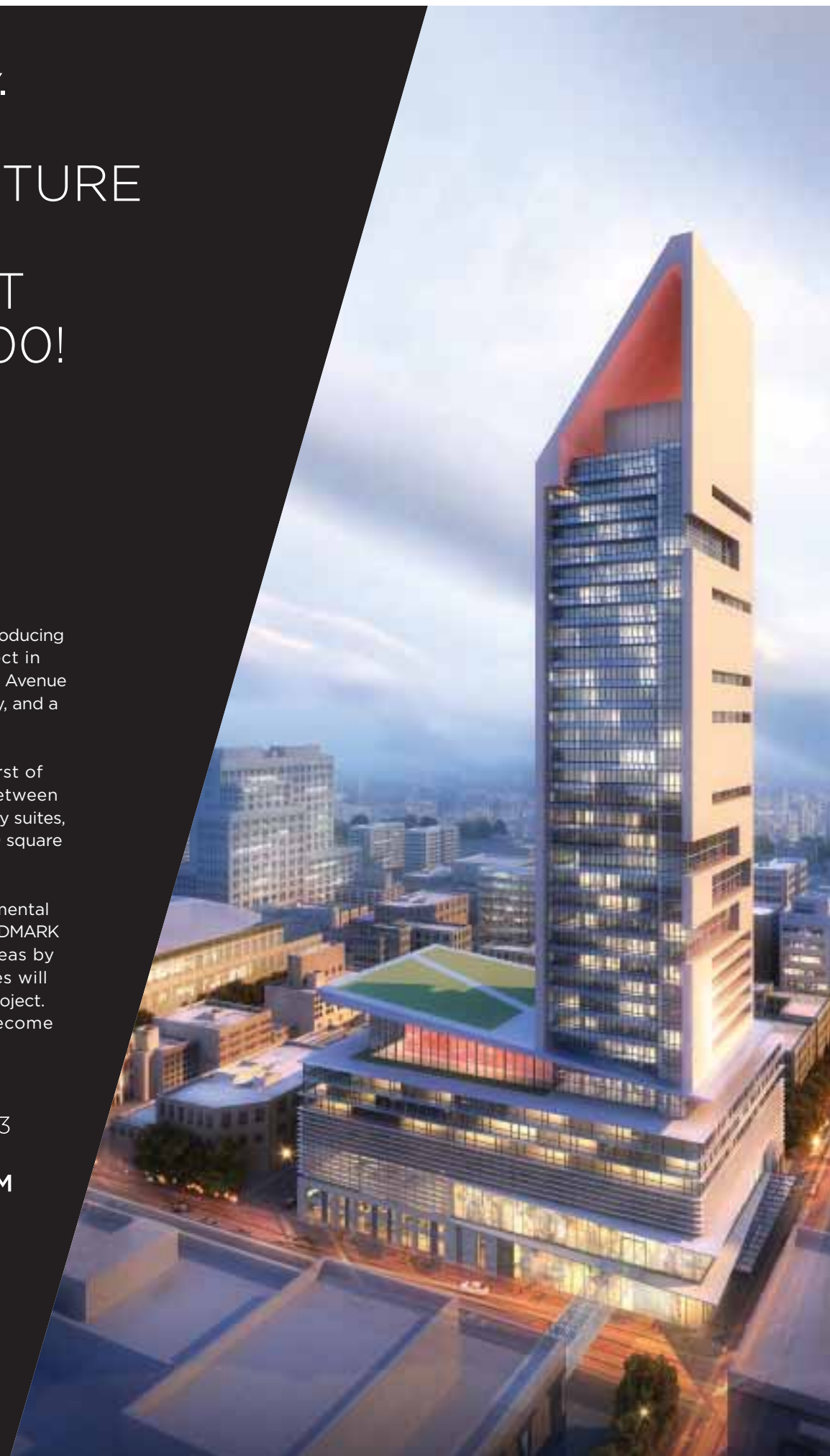
SUBMIT IDEAS BY NOV. 1ST, 2013
MORE INFO AT
LIVEWORKPLAYWINNIPEG.COM



Building Trust for Life



For contest rules visit liveworkplaywinnipeg.com. Illustration is artist's impression.



Jets' rubber-stopper not getting job done



THE HOCKEY NEWS
Matt Larkin
winnipeg@metronews.ca

The Winnipeg Jets' first 10 games have felt very much like their last two seasons: an inconsistent mix of thrilling and maddening play. Nine points and six losses over that stretch don't put them on track for a playoff berth.

And before you roll your eyes at a prognostication 10 games into the season: In the Oct. 14 edition of The Hockey News, we wanted to quantify the importance of a strong start, so we calculated the odds of making the playoffs for each seed over the last 20 years. The Jets sat 12th in the West through 10 games, and since 1993-94, the No. 12 seed in the West at the end of October went on to qualify for the playoffs just 35.3 per cent of the time.

While expansion and realignment make that study inexact, it's at least fair to start the finger-pointing in Winnipeg. Plenty of fuss has been made about highly paid, injury-prone players like Zach Bogosian and coach Claude Noel is undoubtedly on the hot seat.

But isn't it time the Jets took a closer look at Ondrej Pavelec?

An invalid excuse

Last season, Pavelec's .905 save percentage was 34th in the NHL, and "it's because he saw too much rubber" doesn't cut it.



The Blues' David Backes scores on Ondrej Pavelec on Friday. Pavelec currently has a save percentage of .901.
MARIANNE HELM/GETTY IMAGES

The Jets stopper has his share of apologists, largely because he stole the odd game two seasons ago and because he faces so many shots. While it's true Pavelec gets peppered — he was second in shots-against last season and is second so far this season — I don't buy the defence.

In baseball, I don't put a ton of stock into wins and ERA for a pitcher. I look at WHIP,

or walks plus hits per innings pitched. Simply put, how many guys a pitcher allows on base is the true indicator of his talent. With goaltenders, give me save percentage every day of the week. Too many shots or not, how many pucks does a goaltender stop?

Last season, Pavelec's .905 save percentage was 34th in the NHL, and "it's because he saw too much rubber" doesn't cut it. The other save percentages among the goalies who faced the most total shots in 2012-13: .915, .924, .926, .910, .920, .923, .920, .910, .932. And since Pavelec appeared in a league-high 44 games, most of those other goaltenders

actually saw more shots per game than Pavelec.

This season, he's 34th again at .901. And if we look at a larger sample size: His career save percentage of .906 is 24th-best among active goaltenders.

Numbers aren't everything, but certain numbers sure mean a lot. You can champion Pavelec all you want for battling, but he isn't stopping the puck enough. And at \$3.9 million per season, he makes more than Antti Niemi and Craig Anderson.

So if heads are going to roll in Winnipeg, maybe a mask should, too.

NHL

Spezza, Sens beat ex-captain, Wings

Jason Spezza has Daniel Alfredsson's old job, and for one night he stole his spotlight.

Alfredsson was playing his first game for the Detroit Red Wings against his former team, but Ottawa's new captain spoiled the reunion with two goals in a 6-1 Senators victory Wednesday night at Joe Louis Arena.

Spezza, who was tasked with following Alfredsson's 14 seasons of wearing the "C," scored on the power play in the first period and then at even strength in the second. Defencemen Eric Gryba and Jared Cowan and winger Bobby Ryan — acquired on the same day Alfredsson signed in Detroit — scored the Senators' other goals, the latter with a pair.

Todd Bertuzzi scored Detroit's only goal.

Alfredsson was not much of a factor, finishing with two shots in 16 minutes 12 seconds of ice time. **THE CANADIAN PRESS**

World Series



"He hasn't even reached puberty yet. When he gets there, I think he'll be able to grow one."

Boston infielder Mike Napoli on 21-year-old teammate Xander Bogaerts, who hasn't been so successful in joining the Red Sox's playoff beard trend. Go to metronews.ca for coverage of the scruffy Sox's World Series opener against the St. Louis Cardinals on Wednesday night.



Argos RB learning to deal with triumph, disaster



Argos running back Chad Kackert is gang-tackled by a trio of Roughriders on July 11. **TORSTAR NEWS SERVICE FILE**

It's been a frustrating season for Chad Kackert.

Injuries have forced the speedy running back to miss nine of Toronto's 16 games this year. After sitting out two weeks with a shoulder ailment, Kackert returns Thursday night when the Argonauts (10-6) face the Winnipeg Blue Bombers (3-13) at Rogers Centre.

Kackert has been plagued by knee and shoulder (twice) injuries as well as a concussion this season. But heeding some friendly advice has helped the 2012 Grey Cup MVP put his struggles into proper

perspective.

"It's been frustrating but it's been a learning experience," Kackert said. "When you're not playing, you have too much time to think and thankfully I got some good advice from some friends back home and have been able to find some peace and make the most out of the circumstance."

Kackert drew solace from English writer Rudyard Kipling's poem *If*, an inspirational sonnet about character and integrity and remaining true to one's self. In fact, two lines from Kipling's compos-

ition — "If you can meet with triumph and disaster and treat those two impostors just the same," — are featured above the players' entrance to Centre Court at Wimbledon.

"It kind of talks about stuff you hear about every day but the way he words it is unique," Kackert said. "(The poem offers) perspective and that if I let anything get to my character, then I've lost."

"I kind of had to take that in and understand that's the one thing I do have that can't be taken away."

THE CANADIAN PRESS

Horoscopes

♈ Aries

March 21 - April 20

For best results today, you should be totally honest about your feelings — even when a backlash is likely. You may lose out in some way in the short-term but in the long-term your reputation will soar.

♉ Taurus

April 21 - May 21

A loved one can be hard to understand at times and today it may be impossible to work out what is going on in their head, never mind their heart! Don't worry, it will be OK.

♊ Gemini

May 22 - June 21

Make sure any changes you make over the next 24 hours are necessary. If you have any doubts at all you should keep things as they are, at least for the time being.

♋ Cancer

June 22 - July 23

Make a wish list and expect those wishes to start coming true over the next few days. Thoughts exist, they are real, and the more you think about what you desire, the more likely it is you will get it.

♌ Leo

July 24 - Aug. 23

You may not be the sort who is easily fooled but you should still be on your guard today. Someone you thought you could trust is playing games at your expense. Don't let their games leave you out of pocket.

♍ Virgo

Aug. 24 - Sept. 23

The planets warn you may be too lenient with someone. If you are, it is likely they will take it as a sign of weakness and take from you more. Don't let your heart rule your head.

♎ Libra

Sept. 24 - Oct. 23

Under no circumstances should you take risks with money. The Sun's move into the financial area of your chart means there is a lot to gain but more to lose.

♏ Scorpio

Oct. 24 - Nov. 22

If there is one thing you hate, it's not being sure what is true and what is false. But, there is no way of knowing today. The more thought you give the situation, the more of a dilemma it will be, so stop it.

♐ Sagittarius

Nov. 23 - Dec. 21

Some people just cannot take criticism and one such person will give you a hard time today because you pointed out where they're going wrong. They should not abuse you — they should thank you.

♑ Capricorn

Dec. 22 - Jan. 20

You seem to be in a forgiving mood, which is not like you at all. Others may be suspicious but, yes, it's true — you really do want to be nice to people. They may even be nice back.

♒ Aquarius

Jan. 21 - Feb. 19

You have never been the sort to care too much what others think and if you find yourself swimming against the tide of opinion today you will be quite happy about it. You enjoy being the odd one out?

♓ Pisces

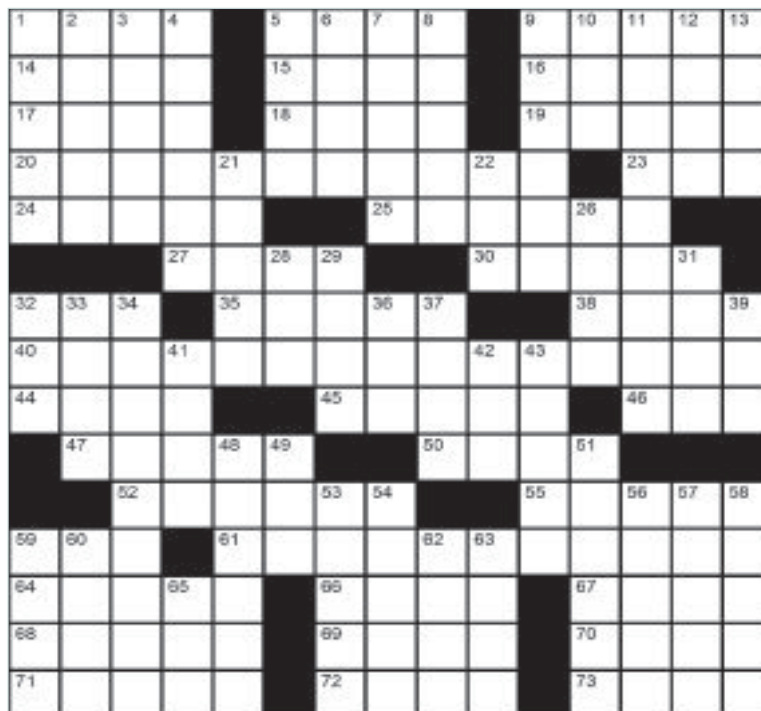
Feb. 20 - March 20

If certain people seem somewhat evasive, it's a sure sign that something underhand is going on. And, you have a fair idea what it is. Don't let them know their deceit has failed yet. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Botanist Mr. Gray's
5. Weight unit
9. Rose ___ pink (Pretty colour)
14. 110-___ appliance
15. Hawkeye State
16. Function or purpose
17. Ancient concert sites
18. Thickening gum
19. Works the Fall leaves
20. The Fall Classic: 2 wds.
23. 'Lion' suffix
24. Big tree along coastal British Columbia, ___ Spruce
25. "Whatcha Say" by Jason ___
27. City haze
30. Coral formations
32. Common lunchbox sandwich [acronym]
35. Dearly departed bios
38. In the distance
40. Located in Regina, the 'Depot' of the RCMP is its what?: 2 wds.
44. Wrestling of Japan
45. Vision
46. "___ Haw"
47. Prometheus, for one
50. Words on a garage sale tag
52. "The Wiz" (1978)



song: "___ Down the Road"

55. Pairs
59. ___-relief
61. 1983 comedy flick featuring the SCTV characters at #11-Down: 2 wds.
64. Diminish
66. Stead

67. Trickery
68. AC/DC's "___ Bells"
69. Racetrack shape
70. "Heat of the Moment" band
71. Mr. Baldwin's
72. Jodie Foster movie
73. 12 months

Down

1. Pledges
2. "Me too.": 3 wds.
3. Warning signal
4. Celery segments
5. Jobs for musicians
6. Don Juan type
7. Trophy
8. Chocolate bar, Sweet ___
9. Act on
10. Conductor, ___ Pekka Salonen
11. "___, ___!" - Bob and Doug McKenzie
12. Eras
13. Fewer
21. Matt of movies
22. Be off
26. Be up ahead

28. Kimono sash
29. Some bar drinks
31. Ditto
32. Tips, tiny-ly
33. Men's cologne brand
34. Pairs skating great who is a judge on "Battle of the Blades": 2 wds.
36. Restaurant chain, ___ Friday's
37. Canadian band of "Scratching the Surface"
39. Word with Whiskey
41. Bitty bit
42. Actor brother of Miley's ex Liam ...his initials-sharers
43. "There is ___ in the affairs of men." - Shakespeare
48. Evaluate
49. Web
51. Public transport mode
53. Synthetic yarn
54. Gullible
56. Originate from
57. Alberta village, 'Gateway to the Handhills'
58. Use profanities
59. "Who Let the Dogs Out" by ___ Men
60. Cain's sibling
62. Actress Patricia
63. Bird type
65. "Cake Boss" network

Yesterday's Crossword

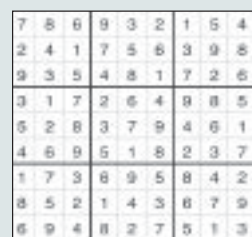


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 4°
MIN: -3°

FRIDAY



MAX: 8°
MIN: 1°

SATURDAY



MAX: 8°
MIN: -1°



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